



# Mail

## Better clinical management of anorexia nervosa in teens

### Author's response

Dr Vale astutely reminds us of the large group of patients with “eating disorder, not otherwise specified.” In general, the same reasons why the clinical manifestations seen in these patients do not meet the clinical definition of anorexia nervosa also explain why the associated medical complications are often less severe. Further, although hospital-based day programs do have a role to play in the treatment plan for these adolescents, the constraints imposed by insurance plans offered through managed care organizations compel physicians to advocate the most appropriate level of care. Care for their patients with anorexia nervosa can range from inpatient medical hospitalization to psychiatric hospitalization or day-based programs. Alternatively, it is reasonable to effect completely office-based interventions for patients who are the most stable and whose eating disorder is not severe.

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